

YOU CAN IMPROVE YOUR HEALTH

Nervousness

Lack of Vitality

Sleeplessness

Indigestion &c

How to conquer:

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YOU CAN IMPROVE YOUR HEALTH

Conquer
Nervousness
Lack of Vitality
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Indigestion &c



In nine out of ten cases one suffers needlessly

WE all know what it is to have periods of listlessness or weakness due to one thing or another. . . .

Then we are "below par" and cannot enjoy life. We suffer, and the worst of it is that, in nine out of ten cases, we suffer needlessly. Yes, needlessly, for there *is* a way out of the difficulty—there *is* an easy, reliable way to add health to the health we already have.

Read this little book and see how easily weakness and bodily trouble may be changed into health, how health itself may be increased, so that, like the writer of the following sentence, you will be able to say: "From that time onwards I have been in perfect health".*

* These words are quoted from a letter by some one who suffered for five years. During the last three months the patient had no sleep whatever, night or day. Then a doctor gave the very advice which you will find in this booklet.

The man and his health

When, after many years of continuous service, an engine still runs beautifully, the wise mechanic does not say: "This engine has given good service for so many years that I shall not bother to overhaul it".

On the contrary, he prevents trouble by overhauling the whole engine before trouble can develop.

And so with your health. When you are healthy, remember that the engine of your body has been running for many years, and that a thorough overhaul *now* may prevent a lot of trouble later.

It is well to understand what are the basic requirements of health, for only by aiding Nature's efforts can we prevent or combat trouble in this most marvellous engine. To do that we must learn what are the fundamental laws governing its various functions—what are the signals of distress and what the means of repair.

"Without proteid there is no life"

The basis of all organized living structure is proteid (from the Greek word "protos", meaning "first"). It is the albuminous substance found in meat, milk, eggs, fish, cheese, etc., and it is the essential food for every part of the body, for from it are obtained the amino acids—the actual construction units of living tissue.

This scientific fact is of equal force to every living being, animals and humans alike. But in one respect we differ from animals—we think.

Thinking is a nerve-process. Now all animals have nerves, and some maintain that even plants have them, but in the human being the nervous system has become so all-important, so intricate, that we might say every human being is "a bundle of nerves".

Everything is a question of nerves

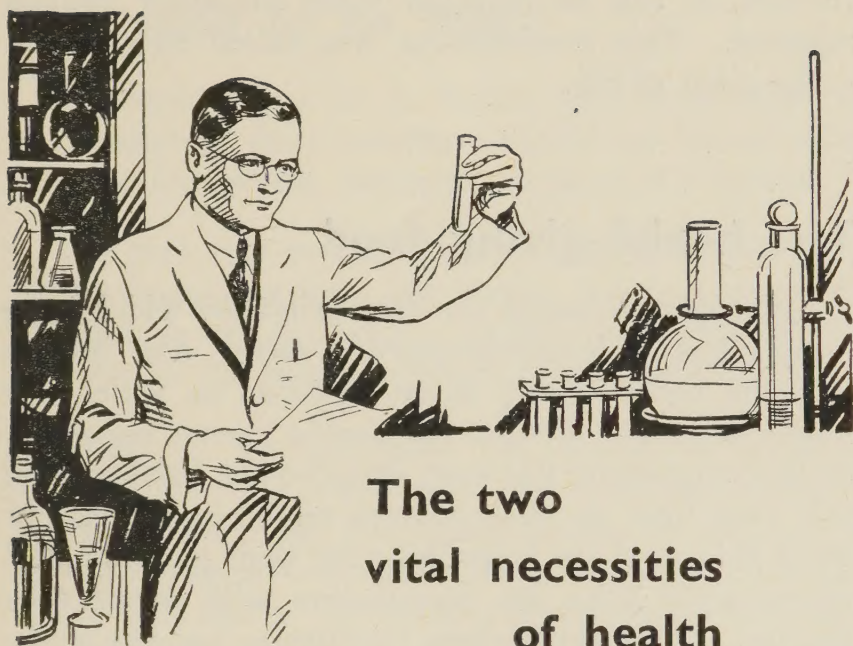
You may not be aware of those nerves, which means that they are healthy and not exhausted. But the fact remains that every single thought or action depends upon those nerves. Your digestion, your sleep, your temper, your fatigue—everything is a question of nerves.

Healthy nerves work smoothly. They control the muscles of arms, legs, and also of the stomach and heart. They stimulate the blood-producing organs, convey sensations and impulses to and from the brain generally.

Nerves also need proteid, but besides proteid they need phosphorus because phosphorus is the specific food for the nerves.

The truth of this is shown by the fact that, during a heavy spell of mental work, the phosphorus of the brain cell is fairly rapidly used up, and is converted into various mineral phosphates, which are thrown off from the body.

Therefore proteid and phosphorus may rightly be called the fundamental necessities of health. They are the bricks and the mortar with which Nature builds our health and a steady supply of which she needs for making good the daily wear and tear.



The two vital necessities of health

This far was known in theory. Then came the difficulty of putting that theory into practice—of giving the body the proteid and phosphorus it needed. Thousands of tests were made with all kinds of phosphorus and proteid combinations without satisfactory results. The people, on whom various tests were made, did not feel better. It was shown that the phosphorus left the body in the urine in about the same quantities as it was administered. The body is no ordinary engine, and one cannot shovel any kind of coal into it. Therefore it was only after years of the most painstaking experiments that the goal was at last reached. An organic combination was found of the two fundamental necessities of health which was really absorbed by the body. This combination was not only absorbed, but digested so easily and quickly, with so little difficulty by the stomach that it could be given to people with the weakest stomach.

In fact, it can be digested when all other food is rejected. This combination was called SANATOGEN—the giver of life.

The health-giving food

Sanatogen embodies the very principles which have been Nature's jealously-guarded secret, and infuses into the body exactly those elements on which our health depends. Yet it is not itself a "secret remedy", as its composition has been stated quite frankly from the very first, so that doctors might know exactly what it is they are prescribing for their patients, and users might take the preparation with every confidence. Confidence begets confidence, and the medical profession have now acknowledged, times without number, and in the most public manner possible, that Sanatogen is pure. Every grain of Sanatogen means strength, every teaspoonful brings better health. It *must* do good, for in it are the essentials of bodily and mental energy and vitality. It is the one scientific



discovery which can at least partly beat the years, which can make our body stronger again and so make us feel younger and look younger.

*"Every teaspoonful
brings better health"*

Too good to be true?

Of course it is a lot to believe that there really is something—a mere powder—which can do all that, increase our health, conquer weakness and fatigue.

The only way to prove it beyond any doubt is by trying Sanatogen for a few weeks. Many people take that simple way to decide—and find that that moment of decision has been the turning-point in their life.

There is, for instance, the letter of a lady, Mrs. O. H. —S. : “ In a half-hearted fashion I bought a tin of Sanatogen, but before getting to the end of it, my spirits revived considerably and now I feel my happy self again. It made a tremendous difference to my whole life ”.

More people than you would think—probably many people you know—are keeping themselves in the pink of condition with Sanatogen. The symptoms of their “ nerviness ” and weakness differ according to their occupations, but they all know that Sanatogen conquers those symptoms, and that without Sanatogen they would feel older, less energetic and happy, that they would be victims of “ nerves ”. They may be statesmen, housewives, professional footballers, they may be overworked typists, office workers, convalescents, or sunburnt sailors, but all know that Sanatogen gives them just that extra amount of health which makes them feel better than before.

In the following pages you will find a few letters from Sanatogen users. In some cases full names are given. In other cases only initials, for most people do not care for publicity attached to their name, and many of the quotations are taken from very private

letters which the manufacturers receive from all over the world, telling of difficulties and trouble, asking for information and advice. And after all it is the actual results others have obtained from Sanatogen that are of interest to you. When you read through these letters you may find a case which shows a similarity to your own. Read how others obtain better health with Sanatogen and know that for you, too, perfect health is more easily obtained than you thought. Thousands and thousands of such letters come in every year, and the manufacturers have received letters from over 24,000 physicians describing the splendid results they have obtained from Sanatogen.

Our health service

In this respect it may interest you to know that the efforts of the manufacturers do not end in the production of Sanatogen, but they desire to be of real service to their customers, they try to give advice in all matters relating to the uses of Sanatogen.

If by any chance, therefore, you want to know more about Sanatogen than you can find in this little booklet, if you want to know what result to expect, or whether one of your friends or members of your family should take it, then write to the address you will find on page 24. You can be assured that every effort will be made to help you to obtain the maximum benefit from the preparation in the shortest possible time. Just state a few particulars, such as your age and what it is you want Sanatogen to do for you. Such correspondence will be treated in strict confidence.

Just a few letters



"A WONDER-WORKER! That is the only word for Sanatogen as it affects me. I used to 'run-down' periodically. Since I discovered Sanatogen (thanks to my friend, Madam Sarah Grand, who, seeing me out of sorts, sent me a tin) I have not once been so 'run-down.' Directly I feel myself getting below par I call in the aid of Sanatogen, and in a very short time—in my case the effect is almost immediately appreciable—I am completely myself again."

Mr. COULSON KERNAHAN, author of "God and the Ant", "The Child", "The Wise Man and the Devil", and other famous books,

"My former happy frame of mind"

"I am very thankful to say that Sanatogen has done more for me than I ever anticipated. I had been suffering from nerve trouble for over six months and it had developed into neurasthenia, which took the form of horrible morbid thoughts and worries over trivialities which it became almost impossible to dismiss from the mind. At times it became so bad that I thought my mind was becoming unbalanced. I had tried another nerve tonic for some time but without any noticeable effect. I then stopped taking this and started with Sanatogen, which I took regularly with milk for about a month. At the end of this period the neurasthenia had almost entirely disappeared. I have, moreover, had no relapse into my former condition and my nervous system seems to be permanently restored. I am, however, keeping your excellent preparation by me and shall take it whenever I feel I am in need of it.

"I feel sure that it is almost entirely due to Sanatogen that my mental condition is now normal again, and that I have regained my former happy and peaceful frame of mind."

The sub-editor of an evening
and weekly newspaper.

" Feel entirely new "

" I must say before I took Sanatogen I was afraid to go to bed because I could not sleep one hour without waking. My nerves were so bad, but after only two days I felt a difference, and now, after a course of three weeks, I am sure I can quite truthfully say I feel entirely new."

Miss L. SMITH, *Yorks.*

" Abundant evidence "

" There is abundant evidence of the value of Sanatogen as a restorative and food, and more particularly in cases of general debility."

The Lancet.

" I am no longer a sceptic "

" Three months ago I started taking Sanatogen on the advice of my doctor, after trying other useless nerve-preparations. If ever a person was a sceptic, that person was I, and for the first four weeks of taking Sanatogen I did not believe in it. My system had been undermined by years of neurotic strain and mental debility, and I could not expect miracles to happen in a few weeks. But a miracle did happen, and in a few short weeks. I found myself gradually acquiring a new sense of well-being, depression disappeared, I was overjoyed. Now after three months of regular treatment with Sanatogen, I am reborn. Sanatogen has instilled new life into me. It is amazing ! All neurotic tendencies have gone. It has given me a feeling of self-confidence and vigour. Veritably an ideal brain-food. All I can say is that to Sanatogen I owe my present feeling of joyous health and happiness. Incidentally, I am no longer a sceptic. This testimony of mine is sincerely prompted by one who was raised from the black depths of neurasthenic unhappiness to the heights of supreme and healthy freedom, which is the inevitable result of Sanatogen."

Mr. J. M., *London.*

" Perfectly convinced "

" I sincerely regret not having kept my promise so far to let you know of my progress since starting taking Sanatogen. The fact is, that I have been so busy in my capacity as a secretary that I have had no time to attend to my own affairs. I can only say that, had it not been for your excellent preparation, I am perfectly convinced that I could not have got through all this work, all the more as I

was already in an extremely run-down state, and suffered from sleeplessness. Sanatogen has been and still is of enormous value to me, and the fact that I have just bought your latest family size will no doubt convince you of the very high opinion I have of it. I am sleeping much better and am confident that I shall continue to improve in spite of the extra work that I have to deal with at the moment. You are at liberty to use this letter as a testimonial, should you so desire. I cannot speak too highly of Sanatogen."

Miss ALICE SCHMIDLIN,
40 Abingdon Road, Kensington, W. 8.

" Real sleep at night "

"My mother, who is eighty, never knew what a real night's sleep was until she took Sanatogen. It has given her a real sleep at night ever since."

Mr. J. S. YERBURY,
129 Townsend Road, Southall,
Middlesex.

" My doctor advised me "

"My doctor advised me to try Sanatogen and I am glad I did. In those days I only weighed six stones, and, thanks to Sanatogen, I weigh nine stones now. I always keep Sanatogen in the house, for I find that taking one dose daily keeps you fit. I am not giving my nerves chance to go wrong like they did years ago. Therefore I keep Sanatogen handy. It is a wonderful tonic and I always recommend it."

Mrs. E. COCKBAIN,
81 Catherine Street, Winton,
Manchester.

" Used to be very anaemic "

"I give my little girl half a teaspoonful of Sanatogen every night in milk and find it quite sufficient to keep her well. I know it has done her good, as she has more colour in her cheeks than before she started to take Sanatogen, and I shall certainly keep her on it for a long time. As for myself, I do not think I could do without it. I used to be considered very anaemic and very irregular at monthly periods, but now things are quite different and correct."

Mrs. S., Nottingham.

"What a difference in life"

"After about nine months of nervous depression I began to feel that I should never be cheerful again, when some one recommended Sanatogen to me.

"In a half-hearted fashion I bought a tin, and before getting to the end of it my spirits revived considerably, and now I feel my happy self again, for which I cannot feel too thankful. Never again shall I be without a tin in the house, and I shall always recommend it most heartily, knowing what a difference in life it made to me."

Mrs. O. H., *Southgate*.

"Has undoubtedly helped me"

"It is very difficult to tell you the exact effects of the course of Sanatogen which I have taken recently, as I have been working from eight to ten hours a day during the period, and this naturally does not conduce to the most stable state of mind. I do feel, however, that Sanatogen has undoubtedly helped me—and is still helping me—to stand the strain. The best testimonial which I think I can give you is that I have decided to continue Sanatogen as a permanent article of my diet."

Mr. GILBERT FRANKAU, the famous author.

"Splendid energizer"

"Having just completed a prolonged trial of your wonderful Sanatogen, I feel I must write and tell you of the good results I experienced. As you know, it is essential for a footballer to keep his nerves absolutely at 'concert pitch', and I have found Sanatogen remarkably efficacious for this purpose, as well as a means of preventing undue fatigue after a hard game. In fact, Sanatogen is a splendid energizer and has kept me feeling fit and fresh even after the most strenuous game. I really cannot speak too highly of Sanatogen and have recommended it to all my friends and fellow-players, many of whom have greatly benefited from its use.

"My wife has also quite recently proved it a valuable restorative after an attack of influenza. I intend to continue using Sanatogen and shall never be without it in future."

Mr. HORACE BARNES,
International player for England,
Inside forward for Preston N.E.

"Stomach seems almost new"

"I have received much benefit from taking Sanatogen, in fact my stomach seems to be almost new. I can take any kind of food without feeling the ill-effects I had felt previously."

Mr. A. BLAND, *Liverpool.*

"Was a bundle of nerves"

"Before I tried Sanatogen I had my little boy at the doctor's. He said he was a bundle of nerves, and he was not eating. Since I have tried Sanatogen he is both eating and sleeping better, we see an improvement every way with him."

Mrs. A., *Glasgow.*

"Appetite improved"

"I am a retired medical practitioner, aged eighty-four years. A short time ago, on the suggestion of a medical colleague, I commenced taking Sanatogen as my years were beginning to tell somewhat on me. I adopted the suggestion with no great hope of tangible effects resulting, as other food tonics had left me just where I was. But the regular taking of Sanatogen has in a comparatively short time infused new life and vigour into me. I find that my appetite has improved, my digestion is better, my capacity for work and exercise is greater, my sleep is sounder and more refreshing, and, to put it shortly, I am better both physically and mentally than I was prior to taking Sanatogen. As I have not taken anything except this, and have not altered my way of living in any manner, it is only logical to ascribe my all-round improvement to Sanatogen. My wife has also taken it daily for some time, and has frequently said that she would not be without it."

F. S. M., *M.R.C.S., L.S.A., Chester.*

"Like giving me a little bit of Heaven"

"I have been enjoying the new life Sanatogen has given, and although I am thirty-one years old I feel like twenty-one years, so that alone will tell you what Sanatogen has done for me. I have suffered seven years with neurasthenia, and often have felt like going mad. I had it so bad I thought I would never get better. I tried everything, I got so low-spirited, for I thought I could not be cured, until one day mother was telling a friend about the awful state I was in, and he recommended Sanatogen: it was like giving me a little bit of Heaven, I felt so different, full of life and energy after taking a few doses. I cannot speak too highly of it,

for it is one of the best that has ever come out. You are at liberty to publish anything out of my letter, for I should like the world to know what Sanatogen has done for me."

Mrs. L. McINTOSH, *Hebburn-on-Tyne.*

" 75 per cent better "

" Since I started to take Sanatogen I am 75 per cent better and wish it to be known the world wide."

Mr. W. ENTWISTLE, *Lowton.*

" Vitality returned "

" I recently tried Sanatogen for anaemia, and after taking a course as advised by your booklet I can honestly say I feel considerably better and found that it has actually served a double purpose, as for some long time I had suffered from nerves, and the confidence and vitality which I had lost have returned.

" I mention this particularly, as I had not improved under other medicines, and I had given up hope of ever properly regaining my appetite and strength.

" You are at liberty to use this letter as a testimonial, as I should like other people to know that your products give genuine results."

Mrs. MANN,

30 *Ravensdale Mansions, Crouch End,*
London, N. 8.

" For clearing the mind "

" I think Sanatogen is wonderful. It instantly took effect after the first dose and since then my life has miraculously brightened.

" I can now accomplish a strenuous day's work without fatigue. I also found it invaluable for nerve disorders and clearing the mind. Concentration is much easier. It is with pleasure that I give you permission to publish any extract from my letter if you so desire."

Mr. A. G. HAMMERSLEY,

17 *Avenue Road, Plaistow, E. 13.*

" Nerves in terrible condition "

" My nerves were in a terrible condition and my heart was bad ; in fact, I had been bedridden for months, and had given up hopes of ever getting about again, but thanks to Sanatogen I am able to go about the house and also feel in better health than I have done for years."

Mrs. E. A. FAIRCLOUGH, *Burnley.*

"Cheeks are getting colour back"

"I can say that my bowels have never been in better condition than they are now, as I have been a long sufferer from constipation. I can now eat four meals each day, and I eat as well as ever I did; I can eat a hearty breakfast, a thing which I have not done for years. When I look in the mirror I can hardly believe that I am the same fellow, as my cheeks are getting a lot of their colour back, as before I had an ashen appearance. I may also mention that when I go to bed I never wake till next morning, having a good night's sleep and no disturbing dreams."

Mr. W. E. DIXON,
2 Swan Street, Coventry.

"Complete breakdown"

"After a severe accident I had a complete breakdown and tried several nerve foods, and I can honestly say none did me so much good as Sanatogen. I could not walk a few yards without falling about, and now, I am pleased to say, I go my usual hikes on week-ends and am able to work as usual. I think you will agree this is wonderful considering I spent several months on my back after my accident."

Miss E. LISLE, *Birmingham.*

"Better than before"

"Last September I had the misfortune to have an accident through which I sustained a fracture of the base of the skull and concussion of the brain. I remembered using Sanatogen towards the end of my school career and decided to give it another trial. In three days I was greatly relieved and was able to take an interest in things around me. After eleven weeks I was able to start work again and am now passed physically fit and none the worse, but considerably better than before."

Mr. J. E. RILEY, *Nuneaton.*

"Felt very low"

"I was laid up with eyrethema nodosum on August 13th and was six weeks in bed. I was off work for eleven weeks and at times was very depressed. When I started work again the first week I felt very low and depressed and was afraid I should have to give in again, but thanks to your Sanatogen, the depression seemed to lift like a fog before I had finished the 5s. 9d. tin I bought. I can honestly say I feel like another being and I shall continue to take it through the winter."

Mr. N. PICKLES, *Leeds.*

"Wonderful improvement"

"Some weeks ago I had a nervous breakdown, with terrible fainting attacks, palpitation, dizziness, and so weak I could scarcely walk. My doctor suggested Sanatogen, so I purchased a small tin. From that day there has been a splendid and wonderful improvement in my health. It has been almost a miracle, thanks to Sanatogen."

Mrs. A. BROOKS, *Manchester.*

"Head pains, dizziness"

"I have bad days, such as queer sensations, shortness of breath, pains at heart, head pains, dizziness, but I firmly believe Sanatogen has got me on my feet. I am carrying on with my profession as a pianoforte tuner, which is a very trying profession."

Mr. W. E. PRIESTLY, *Salford.*

"When energy is low"

"I have been troubled very badly with gastric ulcers and sciatica, and after trying nearly every other thing I thought I would try Sanatogen. I have been disabled from work and was taken vomiting. I could not keep anything down. My wife sent for some Sanatogen and the first dose I kept down. I have taken £1 worth of Sanatogen and am proud to say that I am greatly improved. I am better now than I have been for two years. I consider Sanatogen a good builder when energy is low."

Mr. A. N. BIRCH, *Penzance.*

"Digestive tract, nervous system"

"After my day's toil (I am a gas meter inspector) I find that I have not used up all my energy at night by fully 50 per cent, whereas before taking Sanatogen I was completely fagged and fit for nothing. I can honestly say that Sanatogen has done me good in many ways and the chief ones are the digestive tract and nervous system."

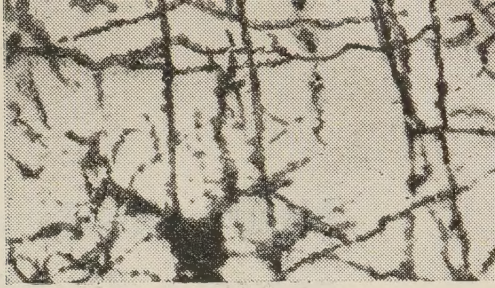
Mr. J. E. MEDCALF, *Lytham.*

"Insomnia left me"

"It is with great pleasure that I am able to state that the insomnia from which I suffered for the greater part of five years has now left me, for which I feel quite sure Sanatogen is mainly responsible."

Miss. M. E. R., *Rugby.*

NERVE THREADS AND CELLS
SEEN THROUGH A MICROSCOPE



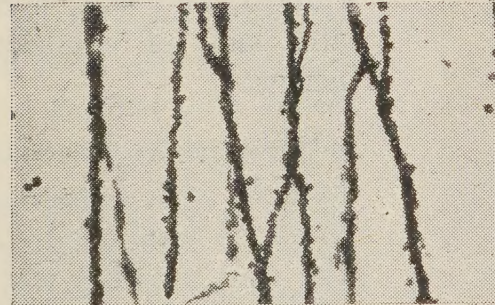
NERVES



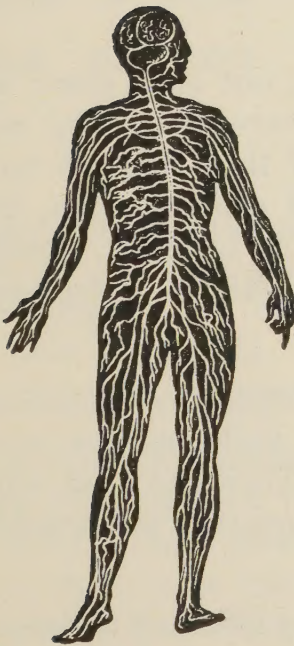
NERVES



NERVES



NERVES



*Diagram showing
Nervous System*

Neurasthenia and nervous disorders generally

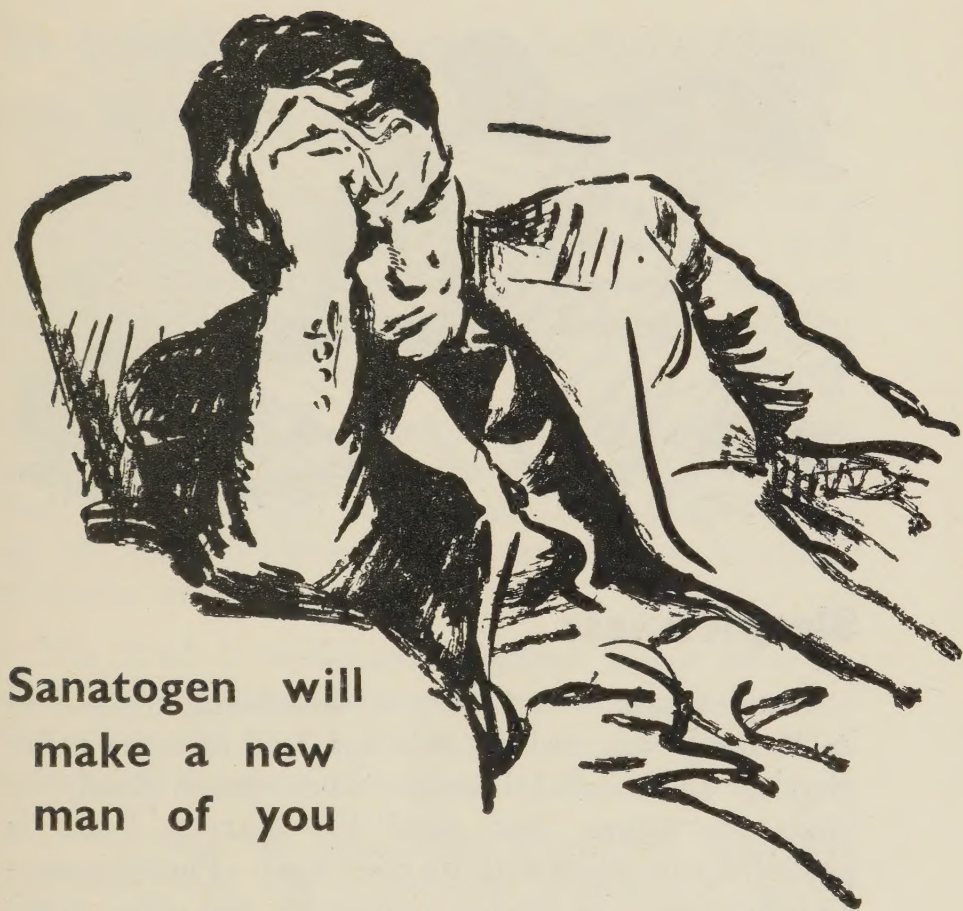
As William James put it : “ The Lord may forgive us our sins, but the nervous system never does ”, and if the nervous system fails us, all the vital processes within the body become impaired.

We should be very, very careful indeed with this nervous system of ours. It has to work day and night and “ modern ” conditions are an extra strain on the nerves. One may say that nine out of ten people suffer from “ nerves ”, many of whom are unaware of it. One does not need to have lived a very hectic life to be attacked by “ nerves ”. Illness in the past may be the reason for impaired nerves ; one’s surroundings and worry or overwork are other common causes.

Remember, it was pointed out that every action and every thought was governed by the nerves. Therefore we can understand that stomach trouble, sleeplessness, fatigue, lack of concentration, forgetfulness, and such symptoms as blushing, trembling, and lack of confidence may all be attributed to nerves.

Strengthen *your* nerves. Get to the bottom of the trouble with Sanatogen, and build up new strength in those weakened nerves. That and that alone is the safe, reliable way of conquering the trouble for ever.

The revitalizing, invigorating influence of Sanatogen on the nerves is remarkable, but quite logical to anybody who knows that Sanatogen is a nerve-food, and



**Sanatogen will
make a new
man of you**

therefore simply *must* add new strength to the nerves. There is no getting away from the favourable results of Sanatogen. In some cases they are noticeable after only a few days. In other—more serious—cases they may take a longer time, but results there *will* be.

Obviously, if neglect has been prolonged, or strain severe, time will be a very important factor, for what has taken perhaps years to break down cannot always be put right in as many days. That would be contrary to all Nature's laws, and it is along lines akin to Nature's own that Sanatogen works, which explains why its results are *sure*.



Sleeplessness

Sleeplessness is not only a distressing disease in itself, but it can, unless corrected, lead to many other physical and mental diseases. It is caused chiefly by brain starvation, and until the starved brain is plentifully supplied with its chief food—Phosphorus—all other remedies are but temporary and often worse than useless.

If you are sleepless, the thing you must *not* do is to worry about it, and go to bed wondering whether you are going to sleep or not. That is the very way to drive sleep away. Have a little exercise before retiring to rest, and just *don't think about sleep at all*.

Sanatogen goes to the root of the matter, and once insomnia has yielded to it you will probably never experience the terrors of sleepless nights again. A little Sanatogen taken in cocoa or warm milk at bedtime is a delightful drink, and one that will charm the Goddess of Sleep as nothing else can.

In troubles of the stomach and intestines

As most stomach troubles are due to nerves it is easy to understand how beneficial Sanatogen is in digestive ailments. It is, however, necessary to point out one special advantage of Sanatogen here, and that is its easy digestibility.

“The evidence in favour of its ready assimilability may now be regarded as clinically establishing the fact that Sanatogen has a marked restorative effect on the nervous system”, as a well-known physician writes in the *Medical Times*.

The tired or weakened digestive organs have no difficulty with Sanatogen. They absorb it like the dry earth will absorb water, getting strength out of it not only for themselves, but for the whole body.

It contains the maximum nutriment, with the minimum bulk, and is therefore of particular service in cases of dilated or “dropped” stomach. Moreover, it corrects interference with the flow of the digestive juices, neutralizing excess acid or encouraging a regular secretion where there is an insufficiency.

Lack of appetite (a very common symptom of nerves) disappears quickly and the whole system improves. Even in extreme cases of stomach trouble where all other food is rejected, physicians prescribe Sanatogen, and many a patient has been kept alive in a hospital for days and weeks on Sanatogen alone.

Surely, then, if *you* have trouble with your stomach, it is worth while to give Sanatogen a trial.

A boon to convalescents



So often the great difficulty found with convalescents after some operation or illness is how to get over a certain stage of weakness. There is no appetite, and food alone can bring the new strength. That is where

Sanatogen saves both patient and physician a lot of trouble and anxiety. Sanatogen increases the appetite, and, at the same time, is a complete food in itself. It is so easily digested that the weakest stomach can take it, and, being a food and not a drug, it cannot come into conflict with the medical treatment that is being given. Thousands of people have rounded that dangerous corner of "half-health" with the aid of Sanatogen. You, too, can recover so much quicker with the aid of this wonderful nerve-food.

For elderly people

In older people the digestive apparatus gets slightly impaired. Very little food can be taken—too little in many cases. Sanatogen comes to the rescue. Many elderly people make it a regular habit to take Sanatogen once or twice a day and as a result they feel ever so much better and stronger. Sanatogen enables them to grow old without the many complaints of old age and makes it possible for them to enjoy a *healthy* old age.

For children

We are so used to think of serious cases when we speak of "nerves" that we are apt to forget that even under the quietest circumstances these nerves may play havoc with our health. It can be accepted as a fact that nine out of ten people suffer from nerves in one form or another, and that in many cases the root of the trouble can be traced back to childhood. This is becoming more apparent, though far too many people still forget that children need a considerable amount of energy for the pressing needs of growth alone, quite apart from that needed for participation in studies, games, and hobbies.



Several school medical officers have made tests on children with Sanatogen and the favourable results they obtained were even more striking than the results in grown-ups. In fact, one of these physicians compared the wonderful effect Sanatogen has on the health of children with the watering of a withered plant. Appetite increases, colour comes back to the cheeks, weight increases, and there is more resistance against colds and infections. In addition, the children are much easier to manage after a course of Sanatogen, for a healthy child enjoys life and is a joy to others. Give your own child Sanatogen for a few months every year and so help to build up lasting strength and happiness for the future.

Examination time will lose its dread if youthful nervous systems are atune with health and vitality.

Conclusion

Sanatogen is not a doubtful preparation that comes to-day and is gone to-morrow. It has been prescribed for over thirty years by physicians of all countries. Books have been written about its beneficial results. It has been submitted to the most severe tests—some of which took years to complete. And always the results obtained have convinced even the most sceptic scientists.

It is not a preparation that purports to do a thousand things. It does one thing and one thing only, it strengthens the health, and it does that one thing thoroughly and well. It adds health to the health you have, whether you are ill or well, a weak woman of eighty or a sturdy man of twenty.

For *you*, too, Sanatogen would mean better health, more vitality, freedom from depression and nervousness, stronger nerves.

From the very moment that you start using Sanatogen you will have begun to strengthen your body. Within a very short time you will be able to notice its beneficial influence on your health. You will look better, you will feel better.

All Chemists sell SANATOGEN—
Prices from 2/3 to 10/9 per tin, and
a Family Size Glass Jar at 19/9
containing $2\frac{1}{2}$ times the quantity in
the 10/9 tin

Genatosan Ltd., Loughborough, Leics.

